



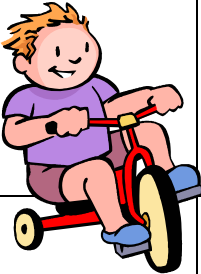
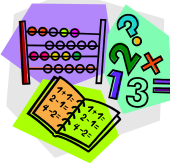
FITNESS ADDS UP!

September 2007

FUN FACT

Drink, drink, drink... No matter what type of physical activity you do, you should always be sure to drink plenty of water before you start, during activity, and after you're done, even if you don't feel thirsty.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>Children should engage in at least 60 minutes of daily physical activity.</i></p>		<p><i>The integration of physical education and math ADDS UP!</i></p>		1
2	3 Do 17 minus 8 cartwheels.	4 Jump rope 10 times your age.	5 Predict how many times you can catch a ball in 1 minute. Go!	6 Count to 25. Then do 25 side to side jumps.	7 Make up a dance that has 4 x 4 beats. Clap the beat!	8
9	10 Play hopscotch for 16 minus 11 minutes.	11 Pass a ball around your waist 3 + 5 times. Repeat 3 times.	12 Do 4 sets of 8 sit-ups. How many sit-ups is that?	13 Hold 3 different stretches for 33 seconds.	14 Touch a wall in each room. Repeat 3 times. How many touches?	15 
16	17 Use your hands to measure how far you can throw a ball. Repeat.	18 Jump rope 15 times for every member of your family. How many jumps?	19 Dribble a ball 16 times with your left hand and 20 times with your right hand.	20 Keep a balloon in the air as long as you can. How long?	21 Spell words while you skip. How many words did you spell correctly?	22
23/30	24 Run in place for 30 seconds. Do this 3 times. How long did you run?	25 How old are you? Do that many tuck jumps!	26 Leap 10 times and then measure the distance. Try again.	27 Dance 1 minute for each letter in your name.	28 Do 5 x 2 pushups.	29





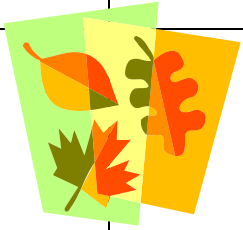
October Walkfest

October 2007

FUN FACT

October is WALK TO SCHOOL Month. Even if you cannot walk to school everyday, you can still do walking activities to help raise your heart rate and increase your level of physical fitness. At least 10,000 steps a day is suggested.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>If at all possible, walk your child to school at least one day during October.</i></p>	<p>1 Pass a ball around your waist while you walk in place 100 steps.</p>	<p>2 Walk 100 steps. Jump as high as you can 10 times. Repeat!</p>	<p>3 Do 50 walking steps for each member of your family.</p>	<p>4 Hold a soup can in each hand and do 10 bicep curls. Walk 200 steps.</p>	<p>5 Walk in place for 1 minute. Run in place for 1 minute. Repeat twice.</p>	<p>6</p>
<p>7</p> 	<p>8 Put on some music and start walking. Create some crazy walks.</p>	<p>9 Ask an adult to give you a word to spell. Spell it, then walk 50 steps. Do 10 more words!</p>	<p>10 Walk for 100 steps. Do 10 sit-ups and 5 push-ups. Walk 100 steps.</p>	<p>11 Run and then jump as far as you can. Try 10 more times.</p>	<p>12 Balance a book on your head and walk for at least 2 minutes.</p>	<p>13</p>
<p>14</p> 	<p>15 Ask if you can walk to school tomorrow. Will someone walk with you?</p>	<p>16 Jump rope for 1 minute. Walk 100 steps. Jump rope for 2 minutes. Walk 200 steps.</p>	<p>17 Have an adult time you while you walk 500 steps. WOW!</p>	<p>18 Try walking and clapping for 100 steps. Try again. Try again and boogie down!</p>	<p>19 Ask an adult to take a walk with you. Tell the adult about your PE class.</p>	<p>20 <i>Ask to visit your child's Physical Education class.</i></p>
<p>21</p>	<p>22 Walk 100 steps before dinner. Walk 200 steps after dinner.</p>	<p>23 Hold a book in each hand while walking in place for 1 minute. Repeat.</p>	<p>24 Walk backward 25 steps. Walk forward 50 steps. Repeat. Repeat again!</p>	<p>25 Ask an adult to take a walk with you. Count all the pumpkins you see.</p>	<p>26 Tiptoe walk for 25 steps walk at a low level for 25 steps. Repeat.</p>	<p>27</p>
<p>28</p>	<p>29 Walk 50 steps. Breathe 3 deep breaths. Repeat three times.</p>	<p>30 Show an adult how to do 4 types of animal walks.</p>	<p>31 HAPPY HALLOWEEN!</p>	<p><i>Walking helps improve attitude and reduce stress.</i></p>		

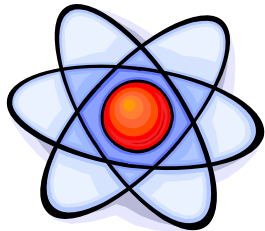


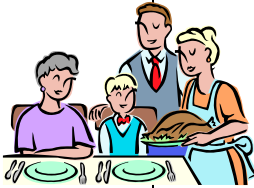


BE THANKFUL

November 2007

FUN FACT

You gobbled up your last meal, but a few hours later you are hungry again, why? Your body used up the energy from your food. Try a healthy and delicious snack to boost your energy. Try fruit, vegetables, popcorn, or cheese and crackers. Try to avoid high-sugar, high-fat treats that won't keep you satisfied very long.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Be THANKFUL for sunshine. <u>Do 2 sit-ups for every letter in sunshine.</u>	2 Be THANKFUL for your family. <u>Do 7 jumping jacks for each family member.</u>	3
4	5 Be THANKFUL for clean clothes. <u>Do 25 sit-ups.</u>	6 Be THANKFUL for your teachers. <u>Wall sit for 30 seconds.</u>	7 Be THANKFUL for trees. <u>Do 10 strong muscle poses.</u>	8 Be THANKFUL you can be active. <u>Jog in place for 1 minute. Repeat!</u>	9 Be THANKFUL for your country. <u>Be proud. Show your best strut.</u>	10
11 	12 Be THANKFUL for your friends. <u>Do 15 gallops. Do 15 more for a friend. Again!</u>	13 Be THANKFUL you can read. <u>Read for 10 minutes. Jump 10 times for every page you turn.</u>	14 Be THANKFUL for your PE teacher. <u>Do 35 side to side jumps.</u>	15 Be THANKFUL for your health. <u>Do 50 high knee lifts.</u>	16 Be THANKFUL for flowers. <u>Run in place for 1 minute. Rest. Run again. Rest. Again.</u>	17 <i>THANK your physical education teacher for making you healthier.</i>
18	19 Be THANKFUL for your heart. <u>Show an adult how to find your pulse.</u>	20 Be THANKFUL for your meals. <u>Carry a soup can in each hand for 3 minutes.</u>	21 Be THANKFUL you are not a turkey. <u>Flap your "wings" 50 times. Give a few gobbles.</u>	22 HAPPY THANKSGIVING	23 Be THANKFUL for your life. <u>Invent 4 new jumps. Show an adult.</u>	24
25	26 Be THANKFUL for your pets. <u>Do your best animal move. Show an adult.</u>	27 Be THANKFUL for the shoes on your feet. <u>Jump rope for 3 minutes.</u>	28 Be THANKFUL for your smile. <u>Do 30 jumping jacks.</u>	29 Be THANKFUL for music. <u>Get up and dance. Put on some music.</u>	30 Be THANKFUL for school. <u>Make up a game for your school.</u>	



Give the Gift of Health

December 2007

FUN FACT

No two snow flakes are the same - like people, each one is unique. All snow flakes have one thing in common though - they all have six sides.

Seek a new activity in the snow like skiing, sledding, or snow shoeing. Try to build a snow man or have a snow ball fight with friends.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Every day is a unique gift.		<i>During the month of December, try to make every day special.</i>			1 
2	3 I AM SPECIAL When I hold 4 different stretches for 15 seconds each.	4 I AM SPECIAL When I dribble a ball 75 times with each hand.	5 I AM SPECIAL When I do 10 push-ups and 10 sit-ups. Again!	6 I AM SPECIAL When I sing Jingle Bells and march in place. Repeat.	7 I AM SPECIAL When I jog for 200 steps. Can you jog 200 more?	8 
9	10 MY HEALTHY GIFT Give yourself a pat on the back while you rub your tummy.	11 MY HEALTHY GIFT Give yourself the gift of creativity. Make up a dance.	12 MY HEALTHY GIFT Give yourself a healthy heart. Do three sets of 15 lunges.	13 MY HEALTHY GIFT Do 50 side to side jumps. Do 50 more just for YOU.	14 MY HEALTHY GIFT Do 2 sit-ups for every letter in "HAPPY HOLIDAYS."	15
16	17 I AM SPECIAL When I march 100 steps and then jog 100 steps in place.	18 I AM SPECIAL When I do 20 jump claps and then do 20 more.	19 I AM SPECIAL When I try to keep a balloon in the air for a long time.	20 I AM SPECIAL When I do one jumping jack for every day in December.	21 I AM SPECIAL When I do ten tuck jumps, rest, and then do 10 more.	22
23/30	24/31 MY HEALTHY GIFT Give your heart a workout. Jump, hop, or leap for at least 3 minutes.	25 HAPPY HOLIDAYS	26 MY HEALTHY GIFT Give your body a stretch using 4 different stretches.	27 MY HEALTHY GIFT Give your legs a workout. Do 20 karate kicks on each leg.	28 MY HEALTHY GIFT Give your arms some attention. Do 20 bicep curls on each arm.	29 



Jump into January

January 2008


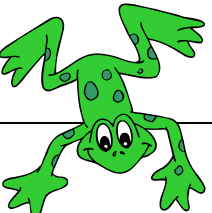

FUN FACT!

What is the world record for the longest jump rope time?

On December 5, 2003 John Goodfellow of Australia jumped continuously for 27 hours!

Do you need new jump rope rhymes or games? Ask a parent or teacher to help you search for ideas on the internet.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HAPPY NEW YEAR!!	2 Jump in place during two television commercials.	3 Try to jump and dribble a ball at the same time.	4 Jump 7 times for every letter in "PE is the BEST!"	5
6	7 Can you do 100 jumping jacks? Give it a try.	8 Jump in the air 10 times. Try a different pose every time you jump. Do 10 more.	9 Turn on your favorite music and create a jumping dance.	10 Jump rope backwards at least 50 times. Make up a funny jump.	11 How long can you hop on one foot? Try the other foot. Again!	12
13 <i>Jump for joy because you are becoming healthier!</i>	14 Jump rope for at least five minutes.	15 Ask an adult to count while you attempt to do 100 jumps without stopping.	16 Pretend to be a karate expert. Do at least 50 jump kicks.	17 Jump rope 15 times for every member of your family. How many jumps?	18 Do 10 tuck jumps. Rest. Do 10 more. Rest. Do 10 more!	19 <i>Physical Education gives you a jump in life!</i>
20	21 Run in place for 1 minute as fast as you can. Rest. Jump for 1 minute. Rest. Repeat all.	22 Run and then jump as far as you can. Try five more times.	23 Ask an adult to give you a word to spell while you do jumping jacks. Do 10 words or more!	24 Challenge a friend to a jumping contest.	25 How many states are there in the US? Do that many jumping jacks.	26 
27 	28 Ask an adult to time you to see how many jumps you can do in one minute.	29 Play catch with a friend. Every time you catch the ball, do a crazy jump.	30 What animals jump? Jump like all the animals you can think of!	31 Jump to the right 5 times. Now to the left 6. Right 2. Left 10. Right 3. Left 8. WOW!	<i>Don't forget to exercise your brain. Read a good book.</i>	



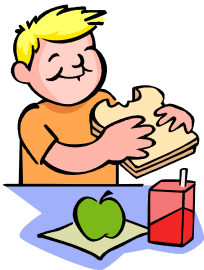
Heart Healthy Month

February 2008

FUN FACT

Keep your heart happy and healthy. How? Here are a few tips:

- Your heart is a muscle, so exercise it.
- Eat a variety of healthy foods and avoid foods high in unhealthy fats.
- Don't smoke.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Regular exercise helps strengthen the heart!</i>				1 The heart pumps about 2,000 gallons of blood a day. <u>Tell a friend!</u>	2
3 	4 An adult's heart weighs between 8-10 ounces. <u>Do 8 tuck jumps, and then do 9 tuck jumps. Now do 10!</u>	5 The body has about 6 quarts of blood. <u>Do 6 bicep curls. Repeat 2 times.</u>	6 Your heart is a muscle. <u>Can you do 20 strong man poses?</u>	7 Arteries carry blood away from the heart. <u>Walk 100 steps before dinner.</u>	8 The heart is the size of your fist. <u>Pretend you are a boxer and practice your punches.</u>	9 <i>Show your family how to find your pulse.</i>
10 	11 Blood travels about 12,000 miles a day. <u>Run 1 minute. Then run 2 minutes.</u>	12 Blood is about 78% water. <u>Smile 78 times today.</u>	13 Lub, Dub is the sound of the heart valves opening and closing. <u>Make up a new game.</u>	14 HAPPY VALENTINE'S DAY!	15 Aerobic exercises help to strengthen the heart. <u>Do 15 frog jumps.</u>	16
17 <i>Physical Education helps your child have a healthy heart.</i>	18 The heart has four chambers. <u>Do 4 different stretches and hold each of them for 30 seconds.</u>	19 Your heart is located in the center of your chest. <u>Try 20 side to side jumps.</u>	20 The aorta is the largest artery of the body. <u>Stand as tall as you can to improve your posture.</u>	21 An electrocardiograph (ECG) checks on your heart. <u>Do a jumping jack for each letter.</u>	22 A cardiologist is a doctor who knows all about the heart. <u>Play catch with a friend.</u>	23 
24 	25 Your heart has four valves. <u>Run in place for 30 seconds. Rest. Do this 3 more times.</u>	26 The resting pulse of a child is 90-120 beats per minutes. <u>Find your beat and dance!</u>	27 Veins carry blood to your heart. <u>Walk 200 steps after dinner.</u>	28 Your pulse is caused by the contraction of your heart. <u>Play Hot Potato with a friend.</u>	29 Your heart doesn't look like a valentine! <u>Do 5 sit-ups for every one you love.</u>	

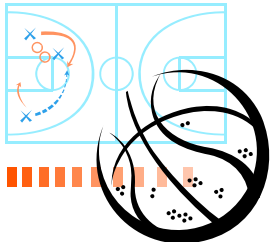


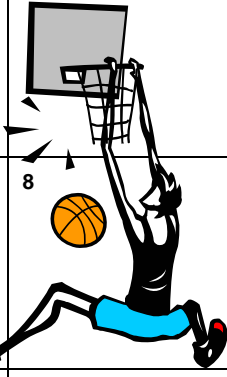

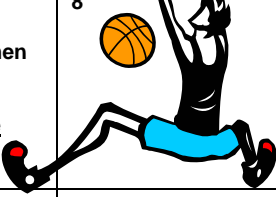


March Madness

March 2008

FUN FACT

When it's time to practice or play, you'll get energy from the foods you've been eating all week. But it's still a good idea to eat well on game day. If you're going to eat a meal, have it 1 1/2 to 3 hours before practice or game time.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	March is basketball month.			Physical Education class teaches basic basketball skills.		1 
2 	3 Basketball became an Olympic sport in 1936. <u>Dribble with the right hand 100 times.</u>	4 Michael Jordan scored 16 points in his first pro game. <u>Do 30 pretend jump shots.</u>	5 Wilt Chamberlain scored 100 points in one game. <u>Stand on one leg and dribble 75 times.</u>	6 The indentations on a basketball are called pebbles. <u>Pretend to do 15 lay-ups.</u>	7 Basketball was brought to women in 1892. <u>Dribble with the right hand 100 times.</u>	8 
9 	10 The "Dream Team" won an Olympic gold medal in 1992. <u>Stand on one leg and dribble 75 times.</u>	11 Kareem Abdul Jabbar has 38,387 lifetime points. <u>Dribble with the left hand 100 times.</u>	12 A double team is when two players guard one opponent. <u>Practice the defensive slide.</u>	13 The US won the first gold medal in Olympic basketball. <u>Cross body dribble 100 times.</u>	14 The first basketball goals were peach baskets. <u>Dribble with the left hand 100 times.</u>	15
16	17 A soccer ball was used in the very first game. <u>Dribble with the right hand 100 times.</u>	18 Due to his hang time, Michael Jordan is called his "Airness." <u>Cross body dribble 100 times.</u>	19 A free throw is an uncontested shot after a foul. <u>Invent a new basketball move.</u>	20 A shot in the "paint" means a shot was taken inside the key. <u>Do 30 pretend jump shots.</u>	21 Lynette Woodard was the first female Globetrotter. <u>Dribble with the left hand 100 times.</u>	22 
23/30	24/31 At 13 years old, Shaquille O'Neil was 6'6" tall. <u>Dribble with the left hand 100 times.</u>	25 An assist is a pass that results in points being scored. <u>Dribble around the body 25 times.</u>	26 The height of the basketball goal is 10 feet. <u>Do 30 pretend jump shots.</u>	27 Tennessee women's coach, Pat Summit has over 900 wins. <u>Dribble around the body 25 times.</u>	28 James Naismith was the inventor of the basketball. <u>Cross body dribble 100 times.</u>	29



CROSS COUNTRY FITNESS

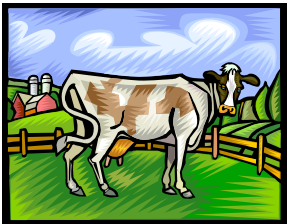
April 2008

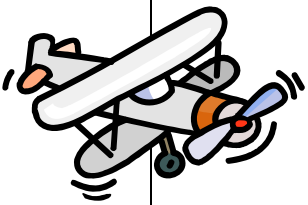
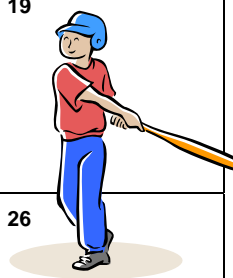


FUN FACT

How many bones does an adult human body have?

The adult human body has 206 bones.

Strengthen your bones by drinking milk and eating other low-fat dairy foods like cheese or yogurt. They all contain calcium and vitamin D which helps bones harden and become strong. Daily activity also helps bones, so stay active!



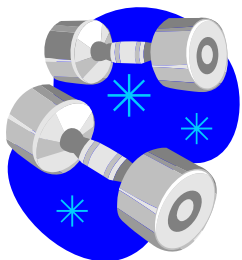
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Basketball was invented in Massachusetts. <u>Play a game of basketball with a friend.</u>	2 Missouri is known as the Show Me state. <u>"Show me" your three best muscle poses.</u>	3 The average age of the people in Wyoming is 36. <u>Do 36 side to side jumps.</u>	4 North Carolina had the first Wright Brothers' flight. <u>Spread your wings and FLY.</u>	5
6	7 Oregon was the 33 rd state to enter the union. <u>Do 33 shoulder rolls.</u>	8 Texas is the Lone Star State. <u>Be a star and jog for 2 minutes. Take your pulse.</u>	9 The pro basketball team in Utah is the Jazz. <u>Do your best jazzy dance to your favorite song.</u>	10 Alabama entered the union on December 14, 1891. <u>Do 14 sit-ups and 14 lunges.</u>	11 Sabula is Iowa's only town on an island. <u>Pretend to swim 100 strokes. Now backwards!</u>	12 <i>Being fit is fun!</i>
13	14 Colorado has 222 state wildlife areas. <u>March in place for 222 steps. You can do it!</u>	15 Delaware's motto is Liberty and Independence. <u>Be independent! Reach above your head 25 times.</u>	16 Hebron, Nebraska has a porch swing that can sit 25. <u>Do 25 sit-ups and 25 push-ups.</u>	17 A major industry in Hawaii is sugar. <u>Jog 300 steps to burn calories.</u>	18 Baseball great Joe DiMaggio was from California. <u>Play catch with a friend.</u>	19 
20	21 Virginia was the 10 th state to enter the union. <u>Do 10 leaps. How high can you fly?</u>	22 Idaho is known as the Spud State. <u>Don't be a couch potato – march 200 steps in place.</u>	23 There are 105 counties in Kansas. <u>Jump rope 105 times. Repeat.</u>	24 The first traffic light was in Ohio in 1914. <u>Play "Red Light, Green Light" with friends.</u>	25 Vermont has the smallest state capitol in the US. <u>Do 25 BIG jumping jacks.</u>	26 
27 <i>Ask your school about daily Physical Education classes.</i>	28 Maine has 17 million acres of forest. <u>Take a ball around your waist 17 times each way.</u>	29 The largest fossil of Tyrannosaurus Rex was found near Faith, South Dakota. <u>Walk 50 BIG steps.</u>	30 Oklahoma has the National Cowboy Hall of Fame. <u>Do 50 gallops on each leg.</u>			



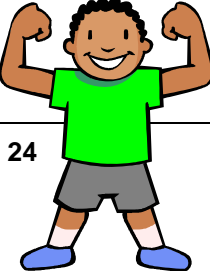
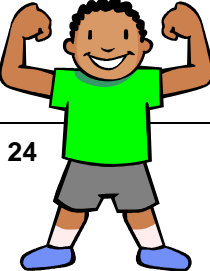
I CAN lift these WEIGHTS

May 2008

FUN FACT

Did you know that you have over 600 muscles in your body? You control some of the muscles and others, like your heart, do their jobs without you thinking about them at all. There are three types of muscles: smooth, cardiac, and skeletal muscles. Can you name 5 muscles?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BE STRONG! BE FIT!				1 Do bicep curls using soup cans. Can you do 20 curls? Can you do 20 more?	2 Holding a soup can in each hand, jump over a line 25 times. Jump!	3
4	5 Hold a soup can in each hand. Extend both arms to the front then down. Do 15.	6 Holding a soup can in each hand, do 20 waist twists. Can you do 20 more?	7 With both hands, hold a soup can above your head. Bend the elbows.	8 Holding a large can above you head, bend and touch the can to the floor. Do 12.	9 In a sitting position, use one hand to move a large can from side to side. Switch!	10 <i>Take time to play every day!</i>
11 	12 While sitting, roll a large can to another family member 50 times.	13 Hold a soup can in each hand. Do 15 side lunges. Do 15 the opposite direction.	14 Take a large can around your waist 25 times. Go the other direction 25 times.	15 Hold a soup can in each hand. Cross your hands over the chest. Do 15 curl-ups.	16 Hold a soup can in each hand. Raise one arm above your head 15 times. Switch!	17 
18	19 Hold a soup can in each hand. Raise both arms to the side 15 times. Again!	20 Set a timer. Carry a soup can in each hand for five minutes.	21 Practice your punches while you hold a soup can in each hand. Do 30 or more!	22 Do a curl-up and place a large can in front of you. On the next curl-up pick up the can.	23 Hold a soup can in each hand. Lie on your back and touch the cans. Do 15. Repeat!	24 
25 <i>Lifting weights builds muscle.</i>	26 While standing, hold a large can. Bend over and set it on the ground. Stand. Repeat.	27 Holding a large can, jump side to side over a line. Do 25 jumps. Can you do 25 more?	28 Hold a large can at your chest. Do 20 curl-ups. Do 20 more if you can.	29 Set a timer. Hold a soup can in each hand. High knee march for five minutes.	30 Hold a soup can in each hand. Do 15 lunges. Can you do 15 more?	31